APPENDIX B

PART I – QUARTERS, PRT, AND PERSONNEL INSPECTION

PART II – MILITARY FORMATION

APPENDIX B
QUARTERS, PRT, AND PERSONNEL INSPECTION
PART I

A. INTRODUCTION:

The Appendix B Part I is designed to assist the student in understanding the components of physical fitness.

B. REFERENCES:

1. OPNAVINST 6110 series, Navy PRT Program

C. INFORMATION:

Components of Physical Fitness

Flexibility Fitness: Flexibility is the ability to move joints through their entire range of motion. As an example, lack of flexibility of the hamstring muscles and muscles/ligaments of the back are related to an increased risk of lower back injury. The Navy field test to assess this component of fitness is the sit-reach test.

Cardiorespiratory (Aerobic) Fitness: Cardiorespiratory fitness is the ability to participate in sustained, vigorous physical activity for extended periods of time. Cardiorespiratory fitness is related to the efficiency of the heart, lungs and blood vessels to deliver oxygen to the working muscles. The standard measure of this fitness time is termed maximal oxygen uptake (VO2 max). The greater your cardiorespiratory fitness level, the higher your VO2 max value. The Navy field tests used to measure this component of fitness are the 1.5 mile run/walk and 500 yard swim.

Musculoskeletal Fitness: Musculoskeletal fitness is a combination of muscular strength and muscular endurance. Muscular strength is the ability to exert maximal force during a single contraction. Muscular strength is often represented as the maximal amount of weight lifted during a single repetition (1 repetition maximum 1RM). Muscular endurance is the ability to sustain repeated muscular contractions without unique fatigue. Curl-ups and push-ups are the Navy field tests used to determine muscular endurance.

Body Composition: Body composition is the relative amount of total body weight made up of fat and lean tissue. The Navy uses a percent body fat standard to assess body composition. The percent body fat value is determined from circumference measurements. Measuring body circumferences is more accurate than using height/weight tables since these tables fail to take into account skeletal frame size and muscle development.

Basic Physical Readiness Program Design

The FITT principle should be used for the most effective development of flexibility, muscular strength, muscular endurance, and aerobic fitness. There are four components to the FITT principle:

(F) **Frequency** - How often you should exercise each week.

(I) **Intensity** - How hard you should exercise each session.

(T) **Time to Exercise** - How long you should exercise each session.

(T) **Type of Exercise** - What exercises you should perform.

A well-designed exercise program should be divided into four major components:

- Warm-up
- Cardiorespiratory exercise
- Musculoskeletal exercise
- Cool-down

Warm-up/Cool-Down

Always warm-up before any strenuous workout to increase both the temperature of your muscles and your heart rate. This prepares your body for the increased stress of physical exercise. When you properly prepare your muscles, tendons, ligaments, and heart for a workout, exercise is more efficient and the potential for injury is reduced.

Once you have walked, jogged in place, or performed callisthenic exercises like jumping jacks for 2-3 minutes, it is time to stretch. The static stretching exercises will increase the range of motion of the major muscle groups.

Two important points should be emphasized when performing stretching exercises:

- Stretch to the point of tightness and hold that position for 15-30 seconds.
- ***DO NOT BOUNCE*** when stretching. Bouncing initiates the stretch reflex, causing muscles to tighten rather than relax. It also increases the chance of injury to muscles and joints.

You can recover faster from any sustained physical activity by continuing to participate in some type of low-intensity exercise such as walking. This helps prevent pooling of blood in the legs. The contractions of the legs during walking will help return blood to the heart. Cool-down exercises also help prevent muscle soreness that may follow infrequent physical activity.

Cardiorespiratory Exercise

Once you have finished the warm-up, it is time for cardiorespiratory exercise. Cardiorespiratory exercise stimulates the heart and lungs and improves the body's use of oxygen. These exercises should be:

Vigorous: Raising the heart rate to approximately 60-75% of maximum.

Sustained: Performed for at least 30 minutes without interruption.

Regular: Repeated three or more times per week.

To produce a cardiorespiratory training effect, it is important to increase your heart rate to a critical intensity. This intensity is frequently referred to as the target heart rate.

Cardiorespiratory Fitness Programs

The following exercises use large muscle groups which will help you achieve your target heart rate.

Running: Jogging and running are commonly used types of aerobic activity. Full body weight is supported and lifted during jogging which is associated with increased incidence of leg injuries. Proper running form, surface considerations, footwear and stretching are keys to comfortable exercising and prevention of injury during jogging.

Running Form: Running posture should be comfortable and efficient. An erect posture with a slight forward lean is less tiring than a slouched posture with head down and shoulders drooping. The head should be held up with eyes focused 10 to 20 yards ahead. For smooth, efficient movement, rhythmic arm and shoulder action is necessary. Hands, arms, and shoulders should be relaxed. Legs should swing freely and naturally from the hips without exaggerated lifting of the knees and feet. During the recovery phase of the leg action, as the rear foot lifts off the ground and starts forward, it should pass directly beneath the knee. Avoid rotating the leg outward at the hip. During the driving phase of the leg action, as the lead foot strikes the ground, toes should be pointed forward or slightly inward. The preferred foot-landing technique is heel to ball of the foot in a rocking motion.

Running Surface: When running on roads, take all safety precautions that apply to a pedestrian. Run towards traffic whenever possible. If running at night, wear reflective gear. Vary the surfaces that you run on (asphalt, grass, concrete, etc.) Constant exercise on hard surfaces may cause stress to the lower extremities.

Proper clothing: Serious problems can arise if you allow your body to overheat. Perspiring is the way the body prevents overheating. Evaporation of perspiration cools the skin and helps control body temperature. Covering the body retards this cooling effect. Do not wear plastic or rubber sweat suits. They do not allow body heat to escape causing the body temperature to rise. Several deaths have been attributed to wearing rubber and plastic sweat suits. Clothes need to fit loosely. They should not bind or restrict your motions.

Proper Footwear: Quality shoes are very important pieces of equipment for jogging. Expect to pay between $40 - $120 for a good shoe. Deciding on which shoe to buy can be frustrating. A reputable sporting goods store should be a good source of assistance. A knowledgeable salesperson should be able to provide advice on all the latest shoe models. If you have a special problem, consult a podiatrist (foot doctor). Your ability to protect you from injury decreases as their mileage increases. You should record your daily mileage and replace your shoes every 500-700 miles even if there is no significant visible wear.

The importance of selecting a good shoe for running cannot be over emphasized. In the course of running one mile, one foot collides with the ground approximately 600 times. Doubling this figure for both feet equals 1200 collisions with the ground. If this is multiplied by 2.5 time the body weight for each impact, a 160 lb individual would absorb 480,000 pounds of force over one mile. Your feet deserve the best protection you can give them.

Walking: Walking is one of the fastest growing fitness activities. Although it is a weight-bearing activity, the impact on the legs is not as great as in jogging. Sedentary, obese and older individuals may find walking the ideal exercise. These members can use walking as a way to improve their cardiorespiratory fitness. However, as an individual's fitness level increases, the target heart rate will be more difficult to achieve by walking. One method of increasing the exercise intensity during walking is to use hand or wrist weights. However, the use of hand or wrist weights may cause changes in stride length. These changes may result in injury or muscle soreness.

Swimming: During swimming the body is supported by water so the risk to muscle injury is very low. Swimming is an excellent choice of exercise for those Navy members unable to jog because of orthopedic problems. In general, it is best to use both arms and legs together during a swimming workout to achieve the deserved training benefit.

Cycling: Cycling can be an effective form of aerobic conditioning. Joint and muscle trauma are much less than in weight-bearing exercises like jogging. As in all aerobic exercise, it is important that the age adjusted target heart rate be maintained for at least 25-30 minutes. Most stationary cycles provide easily adjustable workloads and thus the heart rate can be controlled within a narrow target zone.

Rowing: Like cycling, rowing is a non-weight bearing exercise and therefore easier on muscle and joints. Rowing stresses the use of the upper torso and arms although the legs are also utilized. The resistance on the arms should be relatively low and leg exercise should be emphasized for an optimal aerobic training effect. A wide variety of rowing machines are available on the market. For safety purposes, the specific recommendations of the manufacturer should be followed.

Cross-Country Skiing: The cardiovascular benefits of cross-country skiing have been well documented. Energy expenditure during skiing is generally greater than other types of aerobic exercise since both legs and arms are used. Again, the manufacturer's suggested exercise techniques should be followed closely.

Stair/vertical climbing: Walking and running stairs have been a popular method of aerobic training. Recently, equipment manufacturers have developed stepping devices for the legs such as the Stair Master. In addition, other climbing devices such as the Versa-climber have been developed that utilize the arms. The resistance is adjustable for both the legs and arms. In addition to aerobic development, climbing may also be used to strengthen the upper and lower body. By increasing the resistance and repetition rate, the energy expenditure can be increased greatly. Because of the large muscle mass involvement, it is recommended that heart rate be monitored on these mechanical climbers and stairs.

Musculoskeletal Exercise

A number of factors influence the development of musculoskeletal fitness. These include:

Range of Motion: When performing weight training each exercise should be performed through the complete movement capability of the joint.

Resistance: When performing weight training the resistance should be sufficient to challenge the muscles for the desired number of repetitions. Exercise that places an overload on muscles helps to strengthen them. Added resistance is necessary for continued strength gains as muscles adapt to the initial overload. Muscles adapt to this added stress by increasing the size of individual muscle fibers. This results in added muscle mass. Women can expect to improve muscular strength without the increased muscle mass experienced by men due to a lower level of the hormone testosterone.

Repetitions: In general, a low number of repetitions (1-6) results in increased size and strength while higher number of repetitions (12-20) improves muscular endurance. Performing 2-3 sets of repetitions is recommended for optimal results.

Recovery: Research indicates that for maximal strength gains a muscle must be exercised every 48-96 hours. Therefore working out 2-3 times per week is adequate. Daily workouts do not provide adequate recovery.

Strength Conditioning Programs

Universal Equipment: Some Universal exercise stations alter resistance throughout the range of motion.. An advantage of multi-station Universal equipment is that it can be used to set up circuit weight training programs like the SPARTEN program. Circuit weight training programs are effective onboard ship where space is limited.

Nautilus Equipment: Nautilus offers a wide variety of single station machines to condition all of the major muscle groups. During exercise, resistance is altered during the lift by changing the resistance arm with a specialized cam. Nautilus equipment can be used to construct circuit weight training programs following general manufacturer's guidelines.

Hydra-Fitness: This equipment uses hydraulic fluid in a cylinder to provide positive resistance. Each exercise adapts to the force produced by the muscles during the range of motion regardless of the speed of movement.

Free-Weight: Strength training is generally performed using free-weights or traditional weight machines. Both free-weights and machines effectively overload muscles and increase strength and muscle size. However, greater skills is required of using free-weights than machines. Additionally, the risk of injury is greater using free-weights because of the potential for dropping the weight. The use of free-weight is recommended only for experienced lifters and when assistance is available.

Partner-Resisted Exercises: When strength training equipment is not available, partner-resisted exercises can be used to increase or maintain strength and flexibility. Partner-resisted exercise is a form of strength training in which an individual exercises against a partner's opposing resistance.

Injury Prevention

Overuse Injuries: Regular aerobic exercise reduces the likelihood of heart attack. It also helps to control excess fat and assists in the management of many medical problems such as diabetes, high blood pressure and low back pain. Despite these benefits, the potential for injury exists regardless of the type of exercise you perform. Maintaining a good level of fitness is one way to prevent injuries. To develop and maintain fitness it is important to train, not to strain. You should feel good during and after exercise. Ignoring minor aches and pains can lead to serious injuries. There are several key warning signals of potential serious injury. These include prolonged:

- Mild leg soreness
- Localized pain
- Swelling
- Joint stiffness
- Increase in resting heart rate
- Lowered resistance to infection
- Fatigue

Overuse injuries are most prevalent among runners. Injuries often occur as a result of running too long, too fast, or a combination of the two. The following are contributing factors to almost all injuries:

- Increase in exercise frequency, intensity or time
- Change in surface
- Training on exhausted muscles
- Change in or poorly fitting shoes
- Not performing stretching exercises
- Ignoring injury warning signal

If you run 50 miles per week you have almost twice the likelihood of injury as someone running 25 miles per week. Running every day also predisposes you to more injuries. Increase mileage and intensity gradually. Mileage should increase only by 5 percent per week.

Allow plenty of recovery time after hard workouts or races. Few runners can work hard more than 3 days a week. Spread these days out over the full week and relax between them.

Heat-Stress Injuries occur when the body's ability to control internal body temperature is reduced. Even a well-conditioned Sailor can suffer heat exhaustion if unable to dissipate excess heat and replace needed fluids. Factors that influence exercising in the heat include the relative humidity, air movement, heat absorption from the sun and the amount of time the individual has had to become acclimated to the heat. To help prevent heat related injuries, members should drink as much water as possible before, during or after exercising in the heat. Salt tablets should not be ingested as they only upset the body's electrolyte balance. The following information briefly describes symptoms, cause, and treatment of a number of heat related injuries.

Heat Cramps are the result of hard work in the heat. Heavy sweating is associated with heat cramps. Symptoms include muscular twitching or cramping and muscular spasms in the arms, legs, and abdomen.

Heat Stress may follow or occur in conjunction with the cramps. It results from adjustments made in the circulatory system, especially the blood vessels close to the skin, to keep internal body temperature down. Symptoms include fatigue, pale skin, blurred vision, low blood pressure and dizziness. Heat stress left untreated can progress to heat exhaustion.

Heat Exhaustion occurs when heat stress is left untreated. It is caused by prolonged sweating with inadequate fluid replacement. Symptoms are excessive thirst, fatigue, lack of coordination, increased sweating, cool/wet skin, and abnormally high internal body temperature.

For all of these heat injuries, the members should be moved immediately to a cool place and given plenty of water. Exercise should not be resumed until all symptoms have ceased. In the case of heat exhaustion medical attention is necessary.

Heat Stroke is a medical emergency because it is life threatening. The cause of heatstroke is a breakdown of the body's cooling mechanism. Symptoms may include cessation of sweating, hot/dry skin, high internal body temperature (above 105F), rapid pulse, rapid breathing, coma, and seizure.

Treatment of heatstroke involves cooling the body by moving the individual to a cooler location. The victim should be sponged with cool water applying ice to the armpits, groin and back of the neck. The victim should not be immersed in cold water because this may cause shock. Urgent medical attention is required.

Cold-Stress Injuries are the result of a gradual cooling of the body's core. This may occur at temperatures above as well as below freezing. These injuries usually occur in wet, windy weather. Symptoms vary as the body temperature falls and the condition become more severe. The first symptom noted is severe shivering. As the temperature continues to drop, the victim becomes uncoordinated, is unable to speak properly and has difficulty completing small tasks. If the temperature drops further, these symptoms become more severe and can lead to coma and even death.

To help prevent cold-stress injuries dress in several layers of light material clothing. Place cotton closest to your skin, then wool, and then a nylon mesh training suit which is wind and water resistant. Wear a wool vest or sweater, wool socks, wool hat and wool mittens. Wool provides warmth even when wet. Don't overdress to prevent excessive sweating and loss of heat.

Hypothermia is a medical emergency that requires treatment at a medical facility. The basic principles of first aid are to prevent further heat loss, move the victim to a warm place, cover with blankets and seek medical attention as soon as possible. All wet clothing should be removed and replaced with dry clothing. If the victim is conscious administer warm liquids (no alcohol).

APPENDIX B
MILITARY FORMATION
PART II

A. INTRODUCTION:

The Appendix B, Part II is designed to assist the students in understanding the basic drill positions and facing movements utilized when you assemble your people in a formation.

B. REFERENCE: NAVEDTRA 10054 series, Basic Military Requirements

C. INFORMATION:

Positions within a formation

Many military functions, such as morning quarters and personnel inspections, will require that you assemble in formation. The terms used to identify these formations may vary at different commands. For example, the term *squad* or *platoon* at one command may be a *detail*, *division,* or *class* at another. In this chapter, the term *squad* is used to represent a basic formation. The important thing to remember in any formation is that each individual must respond in unison to the commands that are given.

Element: An individual, squad, section platoon, company, or other unit that is part of a larger unit.

Formation: An arrangement of elements in line, in column, or in any other prescribed manner.

Rank or Line: A formation in which the elements or persons are abreast or side by side.

File or Column: A formation in which elements or persons are placed one behind the other.

Flank: The extreme right or left of a unit, either in line or in column. The element on the extreme right or left of the rank. A direction at a right angle to the direction an element or a formation is facing.

Distance: When in ranks, distance is the space between the chest of one person and the back of the person ahead. Distance between ranks is 40 inches.

Interval: An interval is measured between individuals from shoulder to shoulder. A normal interval is one arm's length.

Guide: The individual on whom a formation or element regulates its alignment. The guide is usually positioned to the right.

Pace: The length of a full step (30 inches for men and 24 inches for women).

Step: The distance from heel to heel between the feet of a marching person. The half step and back step are 15 inches. The right and left steps are 12 inches.

Position and Facing Commands

The two types of commands are the preparatory command, such as Right, which indicates the type of movement to be made, and the command of execution, such as FACE, which causes the desired movement to be made. For clarity, preparatory commands are printed with initial capitals and are underscored (Right); commands of execution are printed in capital letters (FACE). For some commands, such as FALL IN, AT EASE, and REST, both types are combined and are commands of execution.

The command AS YOU WERE cancels a command or order started by not completed. On this command, you resume your former position.

Position

All of the following positions may be assumed only when you are at a halt. They may be executed by one person or by and entire formation.

Attention: The position of attention is the basic military position. It indicates you are alert and ready for instruction. In this position, your heels are together, and your feet forming an angle of 45 degrees, head and body erect, hips and shoulders level, and chest lifted. Your arms should hang naturally-thumbs along trouser or slack seams, and fingers joined and in their natural curl. Your legs should be straight, but not stiff at the knees. Your head and eyes should be to the front. Your mouth should be closed; your chin should be pulled in slightly. When you are called to attention, the heel of the left foot is always brought to the heel of the right foot.

Parade Rest: The commands are Parade, REST and they are given only when the formation is at attention; the movement is executed in one count. On the command REST, move your left foot smartly 12 inches to the left. At the same time, join your hands behind your back with your right hand inside the left, holding the left thumb. Your fingers should be straight with the hands resting in the small of your back. Both legs should be straight so your weight rests equally on each foot. Do not move and do not talk. Hold your head and eyes as in the position of attention.

At Ease: The command is AT EASE. On the command, you can relax and shift about, but keep your right foot in place. Do not talk. This command may also be given when you are not in ranks, as in a classroom. You must not talk, but you may remain relaxed.

Rest: The command is REST. Movement restrictions are the same as when at ease, but talking is permitted.

Fall Out: The command is FALL OUT. (This command is not a dismissal order.) On the command, leave your position in ranks but remain nearby. When FALL IN is given, resume your place in ranks, and come to attention.

Facings

Facings are movements that can be made to either the right or left, with the exception of about face. While facing, your arms should remain at the position of attention. The following commands describe only the movement to the right. For movements to the left, simply substitute "left" for "right."

Right Face: Right face is a two-count movement. The commands are Right, FACE: (1) Raise your left heel and right toe slightly, and turn 90 degrees to the right on your right heel and left toe. Keep your left leg straight but not stiff. (2) Bring your left heel smartly alongside the right heel, and stand at attention.

Eyes Right: The commands are Eyes, RIGHT. On the command RIGHT, smartly turn your head 45 degrees to the right. The commands to turn your head back to the position of attention are Ready, FRONT. On the command FRONT, snap your head to the front. During reviews at which the reviewing officer troops (passes down) the line, Ready, FRONT is not given after Eyes, RIGHT. At such times, your head and eyes should follow the progress of the reviewing officer until you are looking straight ahead. Remain in that position as the officer continues down the line.

About Face: About face is a two-count movement. The commands are About, FACE. On the command about, shift your weight to your left leg without noticeable movement. On the command FACE, (1) place your right toe about 6 inches behind and slightly to the left of your left heel on the ball of the right foot and the heel of the left foot, turn smartly to the right until you are facing the rear. Your feet will be in the position of attention when the turn is completed if you place your right toe properly behind your left heel.

Falling Into Formation

Up to this point, we have described movements that can be made by one person or by a group. In a sharp military formation, each member must correctly respond to commands as a team. Always listen carefully to the person in charge since formation movements are usually made up of both preparatory and execution commands. In the following movements, you must pay special attention to the duties of the left and right flank members since their response to a command is slightly different from the other members information.

Fall in: The command is FALL IN. The squad forms in line on the left of the right flank member (squad leader). Each member of the squad, except the left flank member, raises the left arm shoulder high in line with the body. Fingers are straight and touching each other, palm down. Each member, except the right flank member, turns the head and looks to the right. To obtain a normal interval you should move in line so that your right shoulder touches the fingertips of the person to your right. As soon as you are in line with person to your right and the person on your left has obtained normal interval, return smartly and quickly to the position of attention.

Close interval: To fall in at close interval, the commands are At close interval, FALL IN. Close interval is the horizontal distance between the shoulder and elbow when the left hand is placed on the left hip. This procedure is the same as for normal interval, except that each member places the left hand on the belt line above the left hip with the elbow in line with the body. The heel of the hand rests on the hip with fingers straight, touching each other, and pointing down. The left flank member makes the adjustment without moving the arms.

To align the Squad: If the squad is in line, the commands are Dress right, DRESS (normal interval) or At close interval dress right, DRESS (close interval).

On the command DRESS, all members, except the right flank member, smartly turn their heads, look, and align themselves to the right. At the same time, all members, except the left flank member, smartly raise their left arm shoulder high (normal interval) or place their left hand on their hip (close interval). The right flank member stands fast and looks to the front. Using the right flank member as a guide and taking short steps, the other members align themselves and obtain the proper interval. Whether dress to the right or to the left, only the left arm is used to obtain the interval, and it is held in position until the next command is given.
When the alignment is correct, the commands Ready, FRONT are given. On FRONT, heads snap to the front and arms drop to the side.

To cover off: When the formation is in column, or in two or more ranks, the command is COVER. On the command COVER, the forward member of forward rank stands fast. You will then move, left or right, to position yourself directly behind the person in front of you while maintaining a 40-inch distance.

From normal to close interval: To obtain close interval from normal interval, while in line, the commands are Close, MARCH. On MARCH, all member, except the right flank member, pivot to the right on the ball of the right foot and step off on the left foot (one count). They march forward until approximately a close interval is obtained, halt, and face to the left. They then form at close interval, all already described. All members lower their arms when the member on their left has obtained the proper interval.

From close to normal interval: To obtain normal interval from close interval, while in line, the commands are Extend, MARCH. On MARCH, all members, except the right flank member, pivot to the left on the ball of the right foot and step off on the left foot (one count). They march forward until approximately a normal interval is obtained, halt, and face to the right. They then form at normal interval. Each member drops the left arm when the member to the left has obtained the proper interval.

Double-arm interval: From either close or normal interval the commands are Take interval to the left, MARCH. At the command MARCH, members move as when extending, except that the double-arm interval is obtained by each member raising both arms and touching the fingertips of the members on either side. (The right flank member raises only the right arm). Each member smartly lowers the right arm when proper interval to the right is obtained, and lowers the left arm when the member on the left lowers the right arm.

From double-arm to normal interval: To obtain normal interval from double-arm interval, the commands are Assemble to the right, MARCH. The movement is executed similarly closing, except that you form at normal interval.

To count off: While in a rank or line, the commands are Count, OFF. On the command OFF, all members, except the right flank member, smartly turn their heads and look to the right. The right flank member shouts ONE, the next member in rank or line shouts TWO, and so on in quick cadence on down the line through the left flank member. As each member shouts the appropriate number, the member turns the head smartly to the front.

In a file or column, the commands are From front to rear count, OFF. Each member, starting with the squad leader, turns the head to the right and shouts the appropriate number while turning the head back to the front.

To open ranks: Ranks are opened when more distance between rank is required, for example, a personnel inspection. The commands are Open ranks, MARCH. On the command March, the front rank takes two paces forward, the second rank takes one pace (30 inches) forward, and the third rank stands fast. Each succeeding rank takes two, four, or six (15-inch) steps backward. Each rank automatically dresses right as soon as it halts. When the alignment is completed, the commands Ready, FRONT are given.

To close ranks: The commands are Close ranks, MARCH. On the command MARCH, the front rank stands fast; the second rank takes one pace forward; the third rank takes two paces forward; the fourth rank takes three paces forward; and so on. You will halt and cover without command.

Hand salute: The commands are Hand, SALUTE, followed by the command TWO, to complete the salute. On the command SALUTE, raise your right hand smartly until the tip of the forefinger touches the lower part of the headgear of forehead above and slightly to the right of the right eye. Thumb and fingers are extended and joined. The palm is turned slightly inward until the person saluting can just see its surface from the corner of the right eye. The upper arm is parallel to the ground; the elbow is slightly in from the body. The forearm is inclined at a 45-degree angle; hand and wrist are in straight line. At the command TWO**,** return to attention by moving your hand smartly in the most direct manner back to its normal position at your side. (If you are in formation, the preparatory command Ready will be given before the command of execution, TWO).

Uncover: During many religious ceremonies, and usually for inspections, you will be required to remove your hat. The commands are Uncover, TWO. On the command Uncover, raise your right hand as in the hand salute, but grasp the brim of your hat with your fingers instead of touching your forehead. Hold this position until the command TWO is given (you may lift your hat slightly so as not to muss your hair), then return your hand and your hat to your side in the most direct manner, but do not remove it with an exaggerated or sweeping motion. On the command Cover, grasp your hat with both hands and place it squarely on your head. Drop your left hand holding the hat brim. On the command TWO, drop your right hand to your side.

Dismissed: The single command DISMISSED is used to secure an individual or an entire formation.

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